



THE HOLY TRINITY HERALD

1923 · EIGHTY-ONE YEARS OF MINISTRY · 2004

Our Mission: To proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ

April 2004

www.HolyTrinityPgh.org

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Monthly Parish Newsletter
Holy Trinity Greek Orthodox Church
Pittsburgh, Pennsylvania
Fr. John Touloumes, Economist

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BUILDING  TOWARD
THE FUTURE
starting TODAY

Entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him." (Mark 16.5-6)

Father John's Message

THE HOLY TRINITY HERALD

Parish Newsletter of
Holy Trinity
Greek Orthodox Church
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Pittsburgh, PA 15212
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The Cultural Side

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Publication Schedule

The Herald is published monthly.
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month. If you would like to assist with mailing
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at 412-321-9282 to volunteer your help.

This issue of
The Herald
is sponsored
in memory of
**Maria & George
Toumbas**
and
**Theophylaktos &
Evangelia Bellios**
by
Vickie & Gus Bellios



"If there is no resurrection of the dead, then Christ has not been raised; if Christ has not been raised, then our preaching is in vain and your faith is in vain. We are even found to be misrepresenting God, because we testified of God that He raised Christ, whom he did not raise if it is true that the dead are not raised. For if the dead are not raised, then Christ has not been raised. If Christ has not been raised, your faith is futile and you are still in your sins. Then those also who have fallen asleep in Christ have perished. If for this life only we have hoped in Christ, we are of all men most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have fallen asleep."

1 Corinthians 15.13-20

Dear Brothers and Sisters in the Risen Christ,

For Christians, Pascha is both a great challenge and a real risk. No, I am not referring to roasting lamb, dyeing eggs, finding dresses and shoes, planting flowers and all the other "busyness" that surrounds this great and holy Feast. I am referring to the challenge issued by Saint Paul to the Corinthians in the passage above.

You see, throughout the rest of the year, we are often caught up in the many activities, ministries and events of the Church that make it a wonderful and exciting Christian community to be in throughout the rest of the year. But in the stillness and deep darkness of the Paschal dawn, it all comes to a stop. The silence of standing and waiting at the tomb of Jesus Christ can be deafening. In that moment, our heart is challenged to ask: "Do I really believe?" We should truly fear the answer. It is a big risk.

The challenge posed by Saint Paul above is risky because if we answer "maybe" or "not sure" or "no", we are left with nothing. Really nothing. Forever. No hope. No joy. No future. No kingdom. No life. Ever.

This is the moment when a decision must be made: "Am I a member of a community as defined by society (simply a group of people banding together for a common cause) or am I truly a believing member of the the Church, which is the Body of Jesus Christ, our Savior?"

The answer has profound implications, for our community, our families and our souls. And, in light of the surveys which show that there are many Christians in America who do not believe in the reality of the Resurrection, it is a call to Orthodoxy to stand as the light on the hill, especially when that light is the Resurrection Candle burning brightly with the unwaning light of 2,000 years of proclamation. We must be transformed from observers of His Passion...to believers in His Resurrection.

By God's grace, we will soon be standing at that moment together. With God's help, we will have the right answer in our heart and soul. And we will have the absolute assurance of truth and the conviction to continue moving forward with the life and growth of this parish, the our children's children will be proclaiming that life-saving and eternally glorious news many years from now.

Christ is risen! Truly He is risen!

News & Events

EDUCATIONAL MINISTRIES

Saturday of Lazarus April 3

The children of our Church School will once again attend the Saturday of Lazarus Divine Liturgy on April 3 and prepare the Palm Crosses and cup candles for Holy Week afterwards. Parents, please plan on bringing them and giving them an opportunity to participate.

No Church School Palm Sunday, Pascha . . . Apr 4, 11

Please remember that there is no Church School class on the great feasts of Palm Sunday (April 4) and Pascha (April 11), but that is so all our children can attend the complete celebration of the feasts with their families. We look forward to seeing all our children throughout the Holy Week and Paschal services as much as possible. (Please note: Church School Mission Boxes should be returned on Palm Sunday.)

Paschal Candy Hunt April 11

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the lawn of the church (weather permitting) on Pascha following the Agape Vespers Service at 1:00 p.m. All the children are invited to come for this beautiful and bright service.

St. Lydia's Women's Fellowship April 1, 22

The St. Lydia Women's Study Fellowship is a study of scripture, the Orthodox Faith and family life in today's world. The meetings take place every other week on Thursday mornings at 9:30 a.m at a home in the North Hills. The fellowship is enjoyable and the approach is casual, but the subjects are important for today's families. For further information on this worthwhile and informative group or for directions to the meetings, call Stacy Dickos at 412-367-0925. A complete schedule of dates and topics can be found on our web site at www.HolyTrinityPgh.org. For January, the topics are as follows:

- April 1: Holy Saturday & Pascha topics
- April 22: Wasting Whose Time/Nightmares

St. Nikodemos Men's Fellowship April 13, 27

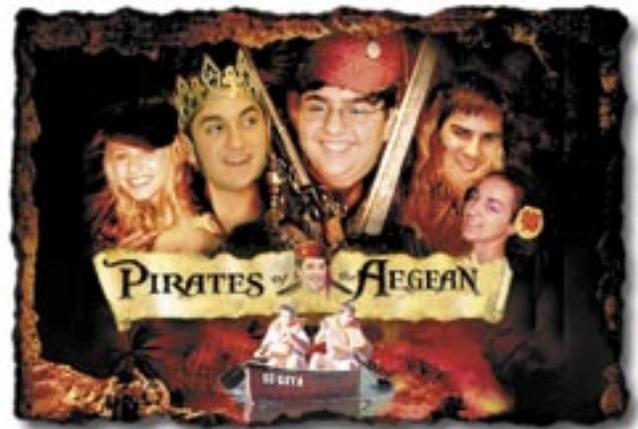
The St. Nikodemos Men's Study Fellowship is an Orthodox men's fellowship, study and discussion group which meets **on the second and fourth Tuesdays of each month at from 12:15 to 12:50 p.m.** at the office of TriadUSA, Suite 460, Two Gateway Center, downtown. The group seeks to provide a regular meeting for working men to discuss issues of faith, work and family. It is open to all interested men and has been centrally located downtown to accommodate easy access. They are currently studying different issues of

contemporary life and faith, as well as the Epistles of St. John. For directions, call Gus Georgiadis at 412-880-4999. A complete schedule of dates and topics can be found on our web site at www.HolyTrinityPgh.org.

YOUTH MINISTRY

GOYA Spring Dance April 16

Attention all teens of the area: Holy Trinity GOYA will sponsor its Second Annual Spring GOYA Dance on Bright Friday, April 16 at Holy Trinity Community Center. The theme for the night will be "Pirates of the Aegean." See the flyer in this issue of *The Herald* for information and share it with your teens and other GOYAns from around the Pittsburgh area, please. Questions? Call George Athanasiou at 412-322-6002.



COMMUNITY NEWS

Lenten Soup Sales Weekly During Lent

The GOYA will continue its very popular Lenten soup sales this year during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fundraising support for our GOYA ministry ... and they taste great! Visit the table in Coffee Hour each week! Thank you for supporting our GOYA!

Make Plans for the Anastasi Dinner April 10

Don't forget to make plans to attend the Resurrection Liturgy and Dinner at Holy Trinity Church, Saturday evening, April 10. Following the liturgical celebration of the Resurrection, join your family, friends and other members of Holy Trinity to break the fast and celebrate the feast in our church hall. We will be serving lamb, "avgolemono" soup, bread, cheese and olives and "paximadia." Free-will offerings will be accepted to help cover the costs of the meal.

News & Events

Cemetery Spring Reminders

Spring has arrived and grass cutting will be starting so it is important to remember the Cemeteries rules on plantings. Only annuals or non-spreading perennial flowers are permitted. No plastic flowers (they tend to blow away). Plantings are confined to width of and one foot in front of grave stone. Plantings outside this area will be removed as well as bushes and trees. Thank you for helping keep our Cemetery beautiful.

Bill Fiedler, Cemetery Chairman

Cemetery Clean-Up Day..... May 8

Attention all members of the Holy Trinity community, both young and venerable: please make plans to help with Holy Trinity Cemetery Clean-Up Day on Saturday, May 8 from 10:00 am to 2:00 pm. Help is needed with flower-planting in the circle, debris pick-up, brush-clearing along the fence and maintenance work at your own family's graves. Topsoil will be provided for individual graves needing it. For any questions, please call Cemetery Committee Chairman Bill Fiedler at 412-364-1545. The Committee looks forward to seeing everyone there! (Note: A rain date of May 15 has been scheduled if needed.)



LITURGICAL LIFE

Upcoming Liturgical Dates..... April

In addition to the Lenten and Holy Week services, please take note of the following upcoming liturgical dates. Starting on April 1, Orthros is at 8:30 a.m., followed by Divine Liturgy at 9:30 a.m..

Zoodohos Peghe (Lifegiving Fount).....April 16
St. George the Great Martyr.....April 23

9:30 Regular Divine Liturgy Hours . . Starting April 1



Don't forget, the change to the regular 9:30 Divine Liturgy hours takes place April 1. Starting on the first Sunday after that, (Palm Sunday this year), the Divine Liturgy will switch to 9:30 a.m. for both

Sunday and weekday services through October. Please set your clocks and your personal schedules to be there on time. Thank you!

SUMMER CAMP 2004 INFO!

**ATTENTION SUMMER CAMP PARENTS:
THIS IS REALLY IMPORTANT INFORMATION!**

Summer Camp 2004 is not that far away! As always, our Metropolis has requested each parish to support this important ministry. At Holy Trinity, this takes the form of parish grants offered to the campers of our parish, thanks to the generous support of the Philoptochos, the Parish Council and other donors (see below). This program resulted in our best-ever Summer Camp attendance last year, with 31 children attending from Holy Trinity (one of the highest parishes in the Metropolis!).

Important: In order to qualify for the largest discount, parents of children who participate in our Church School ministry and JOY/GOYA ministries **must submit a copy of their mailed child(ren)'s camp application(s) to Father John by April 1** to indicate that their child(ren) will be attending. (Only the application page, *not* the medical form). Late applications will not qualify for the Holy Trinity discount. (Please note: our "Holy Trinity" weeks this year are Week I for JOY and Week V for GOYA.)

The original application(s), payment & medical form(s) must be mailed directly to the Metropolis postmarked by April 1 for the best discount. Enclose a check for the "Net fee" amount listed below and check the "Parish Scholarship" box in the financial section of the form to indicate that balance of payment from Holy Trinity is to follow. Once again, here is the list of "discounts" and deadlines (it will *really* pay to meet the April 1 deadline!):

Postmarked by April 1:

| | |
|---|-----------------|
| Initial Fee | \$290.00 |
| Less Metropolis early reg. discount..... | -\$20.00 |
| Less Holy Trinity grant | -\$100.00 |
| Net fee if postmarked by April 1 | \$170.00 |

Postmarked after April 1:

| | |
|--|-----------------|
| Initial Fee | \$290.00 |
| No Metropolis discount | \$-0.00 |
| No Holy Trinity grant | -\$0.00 |
| Net fee if postmarked after April 1 | \$290.00 |

Attention donors: If you would like to make a contribution toward helping our parish's children attend this important experience, please contact Fr. John.

News & Events

FUNERALS & MEMORIALS

JoAnna Christ

The servant of God, JoAnna Christ, fell asleep in the Lord on February 22, 2004. The Funeral Service was held at Holy Trinity Church on February 26. May her memory be eternal!

Upcoming Memorials

Memorial or Trisagion services have been scheduled for the following souls during the coming weeks:

April 25: George Fescanin (40 days); Helen Parikakis (1 year); Sam Castellano (3 years); Steve Karavolos (5 years)

June 6: James Paras (3 years)

REGIONAL NEWS

Opening of Chapel in Oakmont April 12/13

Our sister community of the Holy Dormition in Oakmont has invited us to participate in the great event of the opening of their new chapel, the Chapel of Saints Nicholas, Raphael and Irene. The event will feature a Great Vespers service for the feast of the three saints on Bright Monday, April 12, at 7:00 p.m. This will include a procession with the relics of the saints. On Bright Tuesday, April 13, Orthros will start at 9:00, followed by Divine Liturgy and a luncheon.

Ypapanti Philoptochos Fashion Show April 30

The St. Catherine Philoptochos of Ypapanti Church in East Pittsburgh will host a Spring Fashion Fantasy

at Olympia Hall on April 30 at 6:00 p.m. Tickets are available by calling Kiki Lazaridis at 412-271-2017 or Anna Dudek at 412-271-2328.

THEOS Benefit Banquet May 16

The Three Hierarchs Eastern Orthodox School, hosted at Holy Cross Church in Mt. Lebanon, will hold its 4th Annual Benefit Dinner and Silent Auction on Sunday, May 16 at 6:00 p.m. Southpoint Golf Club. Tickets are available for a donation \$50 and may be reserved by calling Daria Adams at 724-942-8307. The event will feature performances by the Beaver Valley Junior Tamburitians and the Neola Dance Troupe.

BIRTHS

Grover

Congratulations to Munish and Athena Balouris Grover on the birth of their son, Nicholas Narayan Grover, on December 20, 2003. May God grant him many years!

Handrinos

Congratulations to Peter and Maria Balouris Handrinos on the birth of their daughter, Alexandra Georgia, on January 15, 2004. May God grant her many years!

Note: The announcement of new births is being added as a community service and will be provided only upon request of the family. In order to have a birth listed, the family must contact the office with the information and request that the birth be listed in the Herald.

Looking for more information on items from this issue? Try these helpful Internet sites:

www.goarch.org
Greek Orthodox Archdiocese

pittsburgh.goarch.org
Greek Orthodox Metropolis of Pittsburgh

www.HolyTrinityPgh.org
Holy Trinity Church, Pittsburgh, PA

www.iocc.org
International Orthodox Christian Charities

www.projectmexico.org
Project Mexico/St. Innocent Orphanage



• CELEBRATING 15 YEARS •

Help Make A Difference This Lent!



Does your home keep you warm and dry? For thousands of Mexican families, "home" is a crude dwelling that leaves them susceptible to the elements. Babies and elderly DIE when it rains. Also, countless children roam the streets – orphaned, abandoned or abused. With your help, we can make a difference. Since 1988, over **6,500 Orthodox youth** have helped Project Mexico build **more than 120 homes** for poor families. **Award-winning** St. Innocent Orthodox Orphanage provides a **loving and caring home** for orphan teenage boys. There's still so much to do! Please donate at www.projectmexico.org.

"Give something however small to the one in need; for it is not small to one who has nothing; neither is it small to God, if we have given what we could."

–St. Gregory of Nazianzus



Project Mexico
& St. Innocent Orphanage

P.O. Box 120028
Chula Vista, CA
91912-3128
619.426.4610
www.projectmexico.org

Building Hope for Boys Without Families and Families Without Homes

Parish Council Update - February 10, 2004

This abbreviated review of the Parish Council minutes is provided as a way of keeping our Holy Trinity parishioners informed of the active work of the Parish Council. Want to get involved? Contact any Parish Council member. Thank you to our Parish Council secretary, Bill Fiedler, for providing these condensed minutes for the Herald.

Call to Order: The meeting was opened with a prayer by Fr. John.

President's Welcome and Correspondence: Parish Council President George Georges indicated that he had talked to George Papadopoulos. He was back into the hospital for tests and is now back home resting with a restricted schedule but is feeling better.

Approval of Minutes of January 13, 2004: Minutes approved, with minor corrections.

Father John's Report: Fr. John received a thank you letter from the family whose son has been here from Greece for brain surgery. They appreciated our friendliness and support. The Department of Outreach and Evangelism sent a brochure promoting proper methods for fasting. Fr. John will copy and have available for the Pangari. Fr. John asked that everyone mark their calendars with the Lenten services and make every effort to come to the weekday services. Fr. John commended all the players, coaches and parents for another successful basketball tournament. Our GOYA "A" team won the consolation award and the "B" team won the sportsmanship award.

Financial Update: Alex Trilivas said that the 2003 final Income/Expense statement would be available next month as well as the final 2004 Budget. The last two months we experienced gas bills of approximately \$3,000 and \$5,000. Alex has contacted our insurance agent to see if we can recoup any money from all the food we lost from the freezer malfunction. Money from our "building fund" tray collection is deposited in NorthSide Bank in a low interest bearing restricted account.

Committee Reports:

Catering/Hall: Evan Kaparakos presented his first quarter report (attached) that indicates a possible gross income of \$30,000 or more. Evan gave us a list of items and stressed that they need repaired or replaced to assist him in presenting a marketable hall in this tough market. Evan asked for assistance with events. Gus Kilantonis volunteered to help Evan.

Cemetery: We had discussion with the McCandless Township police and we will post signs and arrange for a towing service if needed for illegal parking.

Festival: Bill Fiedler reported that we have had very good response to our request for people to sign-up for group leaders of Festival stations (i.e. tent, bar, pastry, etc.). Will arrange for the first 2004 Festival-planning meeting later this month.

Social: Presented the income/expense statement for the New Year Eve event. Profit was modest at \$117.55. Over-50's group is sponsoring a "Glendi" on February 14.

Maintenance: Dean Balouris asked that the floor tile in the choir loft be repaired. The waterline above the cooler broke again last month and caused ceiling damage. The old freezer broke again and has been fixed again. We need to evaluate our freezer needs and determine what we're going to do with the old freezer. We are pursuing the possibility of a walk-in cooler being donated to the church from a Parishioner.

Stewardship: Two-thirds of our stewardship cards have been received. The Committee will be concentrating efforts in ways to increase giving in the large "under \$200" group of Parishioners.

Vision: George said that the Vision Committee is still negotiating with Dr. Kao on his parcel of land on Reis Run Road as well as the adjacent land belonging to the Tree of Life Cemetery. Dr. Kao has been presented an offer of \$150,000. George D. and Gus Georgiadis are to meet with the Tree of Life Cemetery people this week to stress our interest in working with them.

Old Business / New Business: By-laws Review - Tabled until next month until new members get copies of the By-laws. Pangari Assignments - Please follow the dates for your team.. Scrip Program: Scrip program was started last Sunday with encouraging participation. Past Meeting Actions: New Parish Council Member Handbook is being prepared. New Business: Committee assignments were reviewed and adjustments made.

Respectfully submitted,

William J. Fiedler Jr., Parish Council Secretary

Mouse Tales: The St. Spyridon Church School Library Update

Hello, my Precious Children!

Hi! It's me, Spero! It's April, and boy, I sure hope that these April showers bring us some terrific flowers ... and soon!

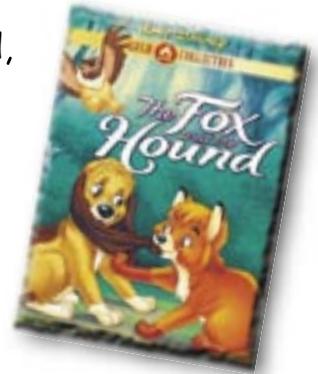


I am here today to chat with all my precious children about this month's video. It is a Disney video called, "The Fox and the Hound." Tod, the fox, and Copper, the hound dog, will touch my little ones and teach them about true friendship. They are two friends who are different and completely opposite. Matter of fact, they are supposed to be enemies, but no one tells them that while they are growing up!

So, they do what comes naturally: they become friends and play together. They know that true friends care about each other and are sensitive to the each other's needs. They know that there is a time to joke and a time to be serious. They know that true friends show respect and caring for each other. They know that true friends also come in all shapes and sizes, and that some dif-



ferences are not that important. Copper's friend, Chief, teaches him how to hunt! In fact, Copper gets so good at hunting that Chief even gets a little jealous. However, if it were not for him, Copper would never have turned into a good hunting dog. Because Chief shares what he knows, they all grow and become better friends.



That's how friendship works!

When we listen carefully, that also means that if we are friends, I care about what you are saying. It is good to share what you know with your friends and to learn from each other. In one of the scenes, Tod meets Dixie for the first time. Tod pretends to be someone he is not by trying to impress her. What he does not understand is that just being you makes the best impression of all. Dixie judges him on who he is, not on who he pretends to be. That is what true friends do, too. Remember, the best friendship is based on honesty.

Tod and Copper learn that friendship lasts through the good as well as the bad times. True friends are trustworthy which means that you can rely on them through thick and thin. As Tod and Copper grow, they learn all the secrets of being a great friend. After all, they are the best of friends, and everyone needs a good friend. So be good to your friends and they will be good to you.

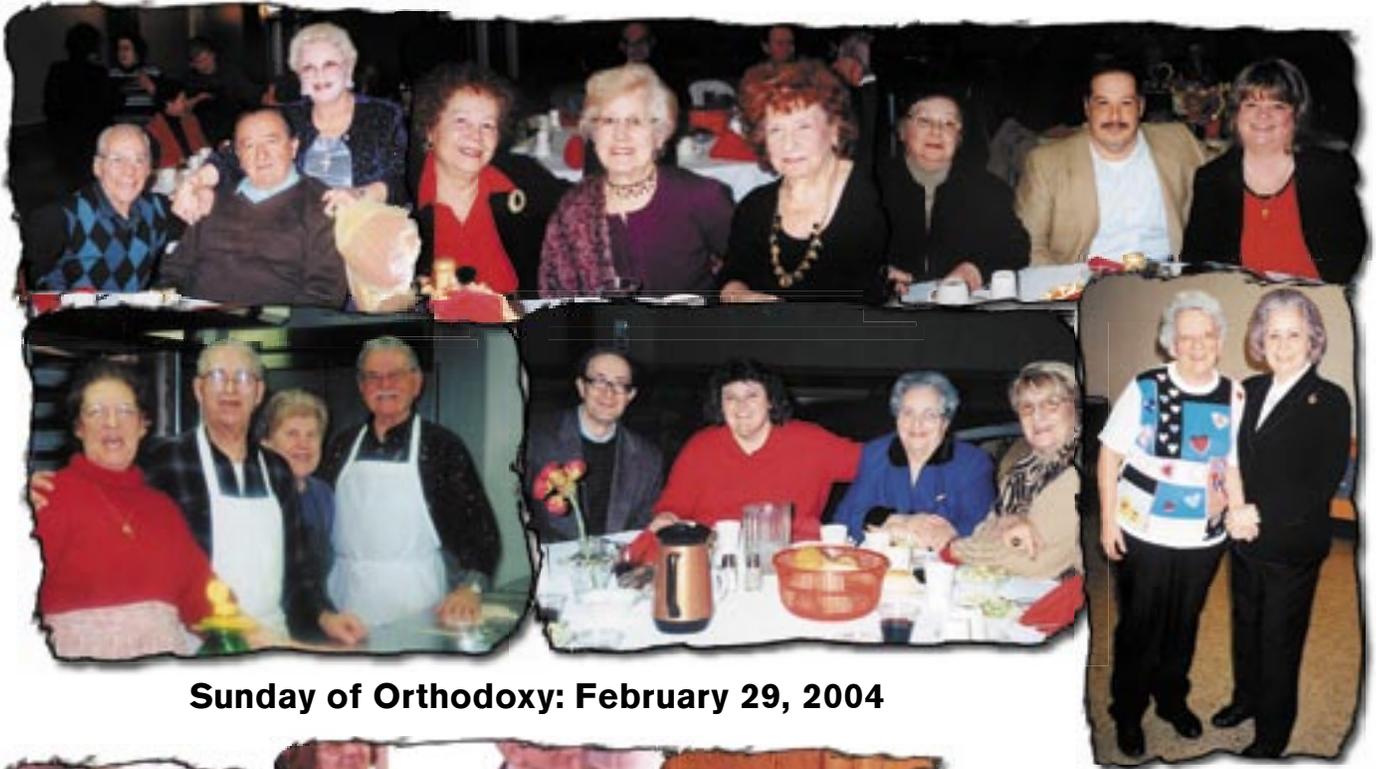
Have wonderful, blessed and happy Pascha!

Love in Christ,
Spero

Community Life Photo Journal

An on-going photo journal of scenes from the active parish life of Holy Trinity Church.

Over 50 Pre-Lenten Glendi: February 14, 2004



Sunday of Orthodoxy: February 29, 2004



See these photos and more in full-color at our website: www.HolyTrinityPgh.org!

Community Life Photo Journal

An on-going photo journal of scenes from the active parish life of Holy Trinity Church.

JOY Children Gather for annual Lenten Mini-Retreat; Special Guest Speaks



On Saturday, March 13, the children of the JOY ministry gathered for their annual JOY Lenten Mini-Retreat. The topic this year was the Cross of Christ. Pictured above is the special guest speaker, Fr. Demetrios Carellos, chaplain of the Nativity of the Theotokos Monastery in Saxonburg. The children also made beautiful Crosses for home & shut-ins.

GOYA Participates in annual Volleyball Tournament at Oakmont



On Saturday, March 6, our GOYA teens participated in the annual Pittsburgh area Volleyball Tournament, with two teams, coached by George Dickos & Presvytera Becky.

See these photos and more in full-color at our website: www.HolyTrinityPgh.org!

Gheronda's Corner

Part of a regular series of contributions by our resident "Gheronda" (respected elder clergy), Father John Androutsopoulos



**Father John
Androutsopoulos**

PALM SUNDAY, HOLY WEEK AND PASCHA

Palm Sunday: The Triumphant Entry Into Jerusalem

"The next day a great crowd who had come to the feast heard that Jesus was coming to Jerusalem. So they took branches of palm trees and went out to meet Him, crying,

'Hosanna! Blessed is He who comes in the name of the Lord even the King of Israel!'" (John 12.12-13)

Q: Why did Jesus ride upon an ass when entering Jerusalem?

He made use of this humble animal to teach humility by His example and in order to fulfill the prophecy of Zachary, who foretold that He would make His entrance as one poor and sitting upon an ass. "Fear not, daughter of Zion; behold, your king is coming, sitting on an ass's colt!" (John 12.15)

Q: What should we ask of Christ on this Day?

1) That He would give us the victory in the fight against the flesh, the world and the devil.

2) That He would give us the grace to enter with Him the heavenly Jerusalem as the Jews entered with Him into the city of Jerusalem.

Q: What can we learn from today's Gospel reading?

That nothing is so changeable as the opinion of the world, since they who cried out on Palm Sunday, "Blessed be He that cometh in the name of the Lord," were the very ones who cried out on Good Friday, "Crucify Him, crucify Him!" Learn to trust in God alone and not in men; for he who is with you today, may be against you tomorrow.

Great and Holy Week (Passion Week)

Holy Week begins with the service of Bridegroom on Palm Sunday evening, (the Matins of Holy Monday morning.) This week is called "Holy Week," because during it we celebrate the most important mysteries of our redemption with touching religious ceremonies. We should spend this week, according to the intentions of the Church, by meditating on the sufferings of our Lord, and on His cruel death; also, by fasting more strictly, by strict recollection, and by devout prayer.

Great and Holy Friday

Q: Why do Christians hold Good Friday in such esteem?

Because on this day Jesus Christ, the only-begotten Son of the Eternal Father, by giving Himself up into the hands of His enemies, after being scourged, crowned with thorns and dying on the cross, accomplished the redemption of mankind.

Q: Why do we annually celebrate the memory of this day?

In order to render dutifully our thanks to Christ the Lord for our redemption.

The Great and Holy Pascha (Easter)

"He is not here: for He is risen, as He said." (Matthew 28:6) When the Myrrh-Bearing women arrived at the tomb the angel said to them, "Don't be afraid. You are seeking Jesus who was crucified. He is not here, He is risen, just as He said. Come and see where He lay."

We are rejoicing that the women found that tomb empty. You go to Mecca and they say, "Mohammed is our prophet and here is his grave." And they show you a tomb decorated with millions of dollars worth of rubies and diamonds. But the Christian can shout, "Jesus is my Saviour, but His tomb is empty. He is not a dead Saviour—He is alive!"

Now, Christ's resurrection guarantees our own. He said, "Because I live, ye shall live also." He is called, "the first fruits of them that sleep." Why? Go to a tree filled with fruit. You pick the first ripe fruit, then later you go back and pick the remaining fruit as it ripens. So, Jesus was raised first; He is the "first fruits." Then, one day we shall follow Him out of our graves and into the mansions above.

Q: Why do the apostles speak in nearly all their sermons of the Resurrection?

They do so because Christ's resurrection is the foundation of our faith and the anchor of our hope; for, as St. Paul says, "If Christ be not risen again, your faith is vain, for you are yet in your sins." (1. Cor. 15,17.) If Christ has not risen, He is not then the Son of our God, and our faith is but human. Without the resurrection, Christ would not have perfectly conquered death; therefore sin, which is the cause of death, would not have been taken away by Him.

*Christ is risen! Truly He is risen!
Have a Good and Blessed Pascha!
Rev. Fr. John K. Androutsopoulos*

The Cultural Side • Η Πολιτιστική Πλευρά



Michael Kritiotis

The Spectacle of the Ancient Olympics

“Of all the cultural legacies left by the ancient Greeks,” Dr. Edith Hall of the University of Durham in England has written, “the three which have had the most obvious impact on modern Western life are athletics, democracy and drama.”

For almost 12 centuries, starting as early as 776 B.C. at the sanctuary of Zeus in Olympia of the Peloponnesus, organized athletics were so popular that nothing was allowed to stand in the way. When it was time for the games, armies of rival cities usually laid down their weapons in a “sacred truce.” Even in 480 B.C., while the Persians were torching Athens, there was no stopping the games at Olympia.

Recently published studies and research (interestingly, the best visual evidence is the vase painting) give us a very detailed and intriguing view of the games.

Fans of the modern Olympics, scholars say, would find striking differences at the original games. There were no team sports and no second-place prizes. Fouls were punished by flogging; vase paintings show judges with switches. The athletes, though considered amateurs, were allowed to accept cash and valuable gifts before and after competing. Women were prohibited from watching or taking part in the games, except as owners in the horse races.

For days before the first races, crowds feasted on the meat of oxen roasted on altar fires, sacrifices overseen by a priest and accompanied by a flutist, a wine pourer and dancers. People pitched hundreds of tents across fields and thick smoke from campfires filled the air. Flies swarmed, speakers ranted and fights broke out.

There was something for everyone in the noisy throng: magicians and fortunetellers, poets reciting verse and sculptors displaying their works, and, in the account of one ancient writer, “countless lawyers perverting justice and not a few peddlers peddling whatever came to hand.”

The young athletes, the pride of cities far and near, had been there for a month of supervised training. They aspired to the simple prize of the laurel (and in later years olive) garland. “Athlete” is from an ancient Greek word that means “one who competes for a prize.”

At dawn, the opening procession of athletes began: runners and jumpers, discus and javelin throwers, boxers and wrestlers and charioteers, all young men, marching to the stadium and the hippodrome. They went from one altar to the next and past shrines to heroes of previous games. Finally, a trumpet sounded the beginning of the big event.

In the Olympics of 448 B.C., a historian noted, two brothers from Rhodes each won a contest. They ran into the crowd to pick up their father, who had himself been an Olympic winner years earlier. As the three paraded triumphantly, spectators went wild and showered them with flowers. A Spartan then shouted to the father: “Die now, Diagoras! You will never be happier.”

By the fourth century A.D., with the spread of Christianity and the waning of belief in the ancient Greek gods, the games “ceased completely to play any meaningful role in society.”

It was not until 1896 that they were revived in their modern, international form, a tribute to the competitive spirit of ancient Greece.

Olive Oil – The Liquid Gold

Besides the games at Olympia, there were many other athletic festivals around the Greek world. Athletes who won at any of these Pan-Hellenic games could be assured of great wealth when they returned home. We are familiar with the famous wreath that was bestowed upon the winner at the games, but cities generally presented their top athletes with substantial cash awards, bronze tripods, early ‘pensions’, and around five tons of olive oil! Strict laws had been enforced which prevented ordinary folk from trading in this precious liquid, but the winning athletes were given a special dispensation and a license to become olive oil merchants, and in turn all became exceedingly rich from selling on their winning ‘liquid gold’.

As an olive tree takes almost 30 years to become fully productive, such was the value set on the olive groves that if any man was found to have cut down an olive tree on his land, he was immediately stoned to death.

Interested in more fascinating Olympics info? Don't miss the Holy Trinity Notable Speakers Presentation: “The Olympics and Modern Greece: Wrestling with the Ancients,” with Dr. Alexander Kitroeff of Haverford College. Sunday, April 18, 6-9 p.m. at Holy Trinity Community Center.

The Cultural Side • Η Πολιτιστική Πλευρά

A Greek language offering for the Feast of the Annunciation to the Virgin Mary and Greek Independence Day



Voula Hareras

ΓΙΑ ΤΗΝ ΠΑΤΡΙΔΑ!

Δεν ζή χωρίς πατρίδες η ανθρωπινή ψυχή. Ο, τι κι αν πουν, οσα συνόρα κι αν ριζούν, όσο κι αν η ικανότητα του τεχνοκράτη ανθρώπου εκμηδενίσει τις αποφασίσεις, πάντα η ψυχή του θέλει ν ακουμπάει σε μια γωνία της γης, που να την νοιώθει δική του. Να την αγαπήσαν οι

προγονοί του, να την φυλάξαν ελεύθερη οι παππούδες του, να παιζάν στο χώμα της οι γονείς του. Να την αισθανεται δικό του τοπο, δικό του χώμα, δικό του σπίτι...

Μπορεί να διασχίζει ο Έλληνας τις θαλάσσιες, όπως οι προπαπποί του, μπορεί να μαζεύει πλούτη κι αγαθά για να τα φέρει στη φτωχική γη του, μπορεί να εκπολιτίζει τοπους ως του κόσμου τα περάτα, μα πάντα όνειρο και λαχτάρα του είναι ο νοστός – η γλυκεία μερά του γυρισμού στο πατρικό σπίτι! Κι αν σπουδαζει κι ευδοκίμει σε ξένη χώρα κι αν η έρευνα τον ανεβάσει σε ένα δορυφόρο στ ουρανού τα κρασπεδα, η νοσταλγία της πατρίδας δεν σβήνει.

Κι αν ολόχρονης—είτε στον ίδιο τοπο, είτε μακρνα ευρισκεται—τον συγκινει το μεγαλειο της φυλής του, όταν το ημερολογιο δειχνει Μαρτιο. Όχι μονον τα παιδια, μα κι οι μεγαλοι νοιωθουν περηφανοι. Γιατι μηκαμε στο μηνα της ελληνικής λεβεντίας και της παλληκαρίας. Στο μηνα της διπλης γιορτης! Απο το 1837, που με Βασιλικό Διαταγμα ορισθηκε ως εθνική εορτη η ημερα του Ευαγγελισμού οπου κι αν βρεθουν οι Έλληνες θυμουνται και γιορταζουν. Η ημερα της 25ης Μαρτίου, λαμπρα καθ εαυτην εις παντα Έλληνα, δια την τελουμένην εορτην του Ευαγγελισμού της Υπεραγίας Θεοτοκου, είναι προσετι λαμπρα και χαρμουςνος δια την ... εναρξιν του υπερ της ανεξαρτησίας αγωνος του Ελληνικού Εθνους...

Ειτε καποιο Μαρτιο, στην εθνική μας επετειο, ο Κωστης Παλαμας: Για τον Έλληνα η ημερα που πανηγυριζεται σημερα, πάντα θα είναι αυτη η ημερα ην εποησεν ο Κυριος.

Αξιζει οι Έλληνες τις μεγαλες ημερες που ο Θεος μας εχαρισε την πνευματική και την εθνική μας ελευθερια να τις γιορταζουμε με ευγνωμοσυνη, για να υπαρχουμε ως εθνος.

Δεν ζή χωρίς πατρίδες η ανθρωπινή ψυχή!

Προς Την Νικήν – Βουλα Χαρερα

ΚΥΡΑ ΤΟΥ ΓΕΝΟΥΣ ΜΟΥ

Κυρα μου Ελευθερωτρια,
του Γενους μου Κυρα!
Της Αγίας Λαυρας Δοξα!
της Λευτεριας χαρα!

Το Νικητηριο Ασμα
η Ελλάδα απ ακρη σ ακρη,
στη Χαρη Σου την ασπιλη
σημερα φερνει ταμα.

Εσυ, Κυρα μου Δεσποινά
η Κεχαριτωμένη
που, πιο φηλα απ τους ουρανοους
στεκει η δικη σου δοξα!...

Πως; στη μικρη Πατριδα μου,
θαρρεις, η εγνοια Σου ολη!...
Πως την τυλιγεις στα ολοφωτα
της Θειας ματίας Σου τοξα!

Κυρα μου Ευαγγελιστρια,
στον Ευαγγελισμό Σου,
διπλογορτη στη χωρα μου
και διποπασχαλια!

Σειουνται στα Ευαγγελισματα,
βουνα, καρδιες και πελαγα
κι αναρριγαει η παλληκαρια
στη διπολοευτερια!

Βυζαντινημου Ρηγισσα!
Του Δουλου Γενους, Μανα!
Θεια Σκεπη του Έλληνα!
Του Σκλαβου, μονη Ελπιδα!

Του ζωκκλησιου Ερημιτισσα!
Ανασσα στη Λαμπροεκκλησια.
Για Σενα ηχουν τα σημαντρα
και τα καμπαναρια.

Σημερα, την Ελλάδα παλι
δουνουν τα Νικητηρια!
Κανονια και ψαλητρια
της Λευτεριας βιολια!

Και, στα σεπτα Σου γονατα,
Κυρα μου Ελευθερωτρια,
γονατιστο το Γενος,
τους ποθους του ακουμπα!

A. ΑΥΓΕΡΙΝΟΥ

IOCC: Mercy in Action

It is a well-known fact of history that the first public hospitals were founded by St. Basil the Great in the 4th century Byzantine Empire. That fine legacy of public philanthropy is seen all around us today with various aid services and church-based relief agencies...but has Orthodox Christianity stayed true to this calling, too? Yes! The article below highlights some of the important work being done around the globe by International Orthodox Christian Charities. Get involved. Call Nick or Maria Terezis at 412-788-9019 to become a member of the local Pittsburgh Metropolitan IOCC Committee.

IOCC addressing nutrition concerns in post-war Iraq

Photos: Drakoulis Bekakos IOCC



Fawziya, a Kurdish widow and mother of seven, stands outside her makeshift home in Baghdad — a narrow corridor that serves as a kitchen, a bedroom and a storage space. IOCC has helped improve the food security and diet of more than 23,000 families in post-war Iraq.

Baghdad (IOCC) — Fawziya and her family live in a long hallway in an abandoned building in Baghdad. They have a roof over their heads but not much else: Half of the corridor is a bedroom, and the other half serves as a kitchen and storage space. Their toilet facilities are in the backyard.

The Kurdish family subsists on the salary of Fawziya's 16-year-old son, Hammad, and whatever the older children can contribute. Fawziya, a 48-year-old widow, cannot find a job because, at her age, she is considered unemployable.

Despite all the uncertainty in her family — and in post-war Iraq — Fawziya has been able to cope with the help of IOCC. Food parcels from IOCC help supplement the family's monthly food ration, improving the children's diet. And hygiene items such as detergent, soap and toothpaste contribute to the family's overall health and well-being.

Such assistance recently went to more than 23,000 families in Baghdad and Mosul as part of IOCC's ongoing effort to help meet the humanitarian needs of poor Iraqi families. IOCC,

in cooperation with the Orthodox Church, also is moving forward with post-war reconstruction efforts, refugee assistance and school repair programs in Baghdad.

"The social safety net in Iraq is totally absent," said Drakoulis Bekakos, manager of an IOCC project funded by the Greek Ministry of Foreign Affairs and Action by Churches Together. "You can see so many disparities. In the Muslim community, there is no middle class. They are either rich or poor."

Contributing to problems of malnutrition and hunger in Iraq is the lack of drinking water, the high price of food staples, and nutritional deficiencies in the government's monthly food ration, Bekakos said. According to a report by the UN's Food and Agriculture Organization, the ration is lacking in important vitamins and minerals such as vitamins A and C, riboflavin and iron.

Bekakos said IOCC hopes to address these problems with programs of infra-

structure repair and child nutrition.

"In Baghdad, there are areas of 10,000 to 15,000 people that don't have a safe drinking water supply," he said.

"For many years, Saddam's regime did nothing to supply these areas with drinking water or establish a functional sewage system."

IOCC, in partnership with the packaging company Tetra Pak, also is launching a project to distribute milk to school children in Baghdad and Mosul in the coming months. Building on its successful school lunch programs in Lebanon and the Republic of Georgia, IOCC will provide milk to thousands of underprivileged children ages 5 to 12.

"It's important that children in Iraq have their recommended daily allowance of milk and other dairy products," said IOCC Director of Operations Samir Ishak, "because we know that good nutrition contributes to improved school attendance, better academic performance, and stronger overall child health."

Such benefits are especially important in a country where female school attendance — and

female literacy — has dropped steadily since the 1991 Gulf War,

according to UNESCO. The gender gap in school enrollment increased

dramatically because of families' financial inability to send their children to school.

When faced with limited resources, many families chose to keep their daughters at home.



Rami and his family received food and hygiene parcels from IOCC at the Syrian Orthodox church in Baghdad. IOCC is preparing to distribute milk to school children in Baghdad and Mosul, which will help improve their diet and their chances of staying in school.



To learn more about IOCC's programs, please visit www.iocc.org

Ormylia Monastery Establishes Free Care Clinic for Women

An inspiring example of free-care philanthropy run by the Holy Monastery of the Annunciation in Ormylia, Greece.

The Monastery Center for Disease Prevention, Panagia Philanthropini, (translated, "Our All-Holy Lady, Who Loves Humankind") resides in northern Greece, near the town of Ormylia, Chalkidike. The mother monastery, the Sacred Monastery of the Annunciation, is a large monastic community, with over 120 nuns from various nations, the majority of whom hold university degrees. The Convent is a dependency of the Monastery of Simonos Petras on Mount Athos.

Founded by the Elder, Very Reverend Archimandrite Father Aimilianos, the mission of the Center is to comfort and alleviate the suffering of human beings with emphasis on the poor and working class public without preference to race, nationality, gender, or creed. The Center is dedicated to spreading the message of God's love and saving grace to all human beings. This message takes the form of medical, educational, scientific research, charitable and spiritual services and ministries. These constitute the means by which the Center seeks to serve the needs of modern human beings in the Twenty First Century and beyond. The facilities include a modern multi-lingual conference center, and a high tech laboratory for medical research.

The Research Center Laboratory is equipped with state of the art spectroscopy, biological and chemical analytical equipment, advanced network computer systems, modern high-powered microscopes and other devices necessary for the high level of research conducted. (The equipment in this laboratory is used for the advanced study of Byzantine Icons and is easily adaptable for biological research also.)

The Center of Panagia Philanthropini has two modern mammography and radiology units; radiation levels measurement equipment, a biochemical hematology laboratory, an ultra sound unit, a complete modern hematology and cytology lab, an advanced motherboard computer system and automated as well

as hard copy archive system. In addition, the Center complex houses clinics, lecture halls, meeting rooms, physician and administrator offices as well as a guest-house that can accommodate more than 30 persons.

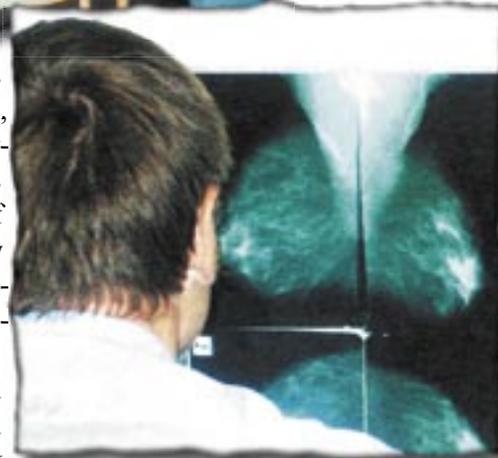
At the Center of Panagia Philanthropini, annually more than 6,000 persons undergo cancer early detection and screening examinations. Over 36,000 persons participate in health educational programs at the Center, whereas more than 50,000 locals and 200,000 tourists are reached through multi-media health educational materials and Television and Radio broadcasts developed by the Center. All services are rendered completely free of charge. The Center is funded through private contributions and with limited support from the European Union.

Panagia Philanthropini also has an Educational division with courses for unemployed youth to acquire relevant working skills. Varied fields of education are offered. The Center gives a stipend to the more than 60 students that participate in these

classes at any one time. The focus is on providing education in practical areas in order to provide youth with the tools for fulfilling and self-satisfying employment.

For anyone interesting in more information or sending support to this holy diakonia, please use the following contact information:

*Brother Charles S. Anthony, Director
The Monastery Center of Panagia Philanthropini
GR. 63071, Ormylia, Chalkidike, Greece
Telephone: 30-23710-41-498*



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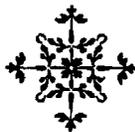
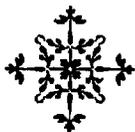
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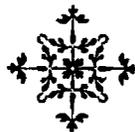
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of their
beloved
ones

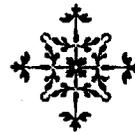


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In loving memory
of my brother,



Michael



Louis Manesiotis
and family

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THE VICTORY OF THE CHRIST: AFTER THE RESURRECTION

After His Resurrection Christ appeared to the Myrrh-bearing women and to His Disciples. Some people wondered why Christ did not appear to all the people and especially to His crucifiers and those who denied His Resurrection, to make them believe in Him. When a person knows the essence of Orthodox theology, he cannot ask such questions, because he knows clearly that Christ's appearing is never for spectacular reasons and for man's coercion. God's manifestation has a definite purpose and a deep reason.

In the first place it must be pointed out that Christ does not want to compel anyone to believe. God's manifestation to man is a crucial point in his life. In the next life, at Christ's Second Coming, everyone will see Him, but for those prepared and purified God will be light, while for the impure He will be a punishment. That will happen also in this case. Therefore it was out of love and charity that God did not appear to those who denied and crucified Him.

Christ's appearance in glory is solely to guide those who have suitably prepared themselves for deification and glorification. The Disciples had been prepared, and that is why Christ said shortly before His Passion: "You are already clean because of the word which I have spoken to you" (Jn. 15, 3).... So they were fit for deification and were capable of partaking of the grace of the Resurrection. He is [also] preparing them for their entry into the high degree of deification and vision of God which will take place at Pentecost.

But Christ's manifestation to His Disciples after the Resurrection did not happen only for them, for we know that all who reach a comparable degree of cure and purification are granted to participate in Christ's Resurrection and to see the Risen Christ. The case of the Apostle Paul, who has the assurance that the Risen Christ also appeared to him, shows that to see the Risen Christ is not independent of the spiritual condition of the one who sees, and indeed that it goes on in the whole life of humanity. Throughout the ages there are witnesses of Christ's Resurrection.



From "Feasts of the Lord," by Metropolitan Hierotheos of Nafplaktos